

## RARE MEDIAL CONDYLE ANTERIOR OSTEOCHONDRAL FLAKE FRACTURE

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### INTRODUCTION:

Isolated femoral condylar fractures are about 0.65% of all femoral fractures. It is extremely rare and not extensively studied. To our best knowledge, there is only one (1) case reported previously by Mahmood et al (Iran) in 2018 in regards to isolated anterior osteoarticular fracture of the medial femoral condyle and there is no specific subdivision for medial condyle coronal flake fracture was described in AO/OTA.

We present you a case of isolated medial femoral condyle anterior osteochondral flake fracture, managed in our hospital.

### REPORT:

Patient is a 15-year-old male who had a direct blow to the knee which was in a flexed position. He sustained an open wound over anteromedial aspect of the right knee with joint communication.

Diagnosis was made via plain radiograph which showed a fragment at the medial condyle of distal femur on anteroposterior view and a displaced fracture fragment across the anterior 1/3 of right medial femoral condyle on lateral view.

Case was treated as per open fracture protocol with immediate emergency surgical debridement and exploration.

Operation was aimed to restore anatomical congruence of the articular surface with stable fixation. Fracture was fixed with 2 units of 7.0mm half-threaded cancellous screws in a horizontal configuration (in horizontal and coronal planes). Post-operatively, early rehabilitation was initiated. Patient regained full range of knee motion by the 4th week and began full weight bearing by 8 weeks.



Figure 1: Pre- and post-operative x rays



Figure 2: Intra-operative images



Figure 3: ROM Post-operatively

### CONCLUSION:

We recommend to have high clinical suspicion to diagnose this fracture, bearing in mind that this rare fracture pattern can present in the paediatric aged group. Anatomical restoration of the chondral surface and early rehabilitation contributes to good functional outcome.

### REFERENCES:

1. Mahmood et al. Shafa Ortho J. 2018 May; 5(2):e67456.
2. Duarte et al. MOJ Orthop Rheumatol. 2018;10(2):25–26.DOI:10.15406/mojor.2018.10.00380
3. Fracture and dislocation compendium: Orthopaedic Trauma Association Committee for Coding and Classification. J Orthop Trauma 1996;10Suppl 1:1–54.